SALISBURY UNIVERSITY STATE

1998

MEN'S & WOMEN'S SWIMMING

SEA GULLS

SSU at a glance

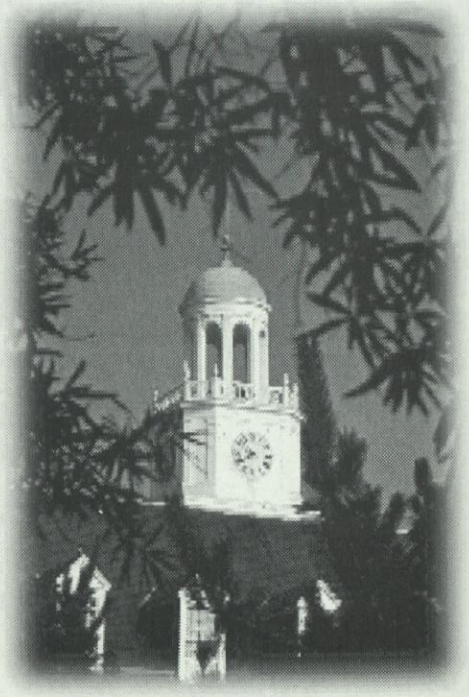
The resources of a University ...
6,000 students from 36 states and 50 foreign countries
29 undergraduate and 7 graduate programs
200 full-time tenure-track faculty, 85 percent with terminal degrees, including National Endowment for the Humanities scholars and Fulbright professors.
NCAA Division III Athletics, 9 men's, 10 women's intercollegiate teams; 22 intramural sports

... with small-school opportunities.
Approachable faculty (17:1 student/faculty ratio)
Honors program with dedicated faculty at the Bellavance Honors Center. Ten residence complexes including traditional, co-ed, suite and apartment styles.

The security of state support ...
1997-98 tuition, room, board and fees: $8,982 per year for Maryland residents; $12,734 per year out-of-state.
A library with over 800,000 volumes, periodicals, microforms and databases including word processing and computer labs. Access to collections throughout the country.

... with the benefits of private funding.
Altogether, SSU awards nearly $1 million in academic scholarships each year. More than $22 million in private endowments supports some of those scholarships and provides for some of the finest educational programs.

In an ideal–and idyllic–location:
Salisbury, MD, is 30 miles west of the Atlantic Ocean and Ocean City, MD, and 20 miles east of the Chesapeake Bay; 2 hours from Baltimore, Washington, D.C. and Wilmington, DE. The campus is 2 1/2 hours from Norfolk, VA, and Philadelphia, PA, and 4 1/2 hours from New York.



Come see us–in person, or in cyberspace. We'd love to see your smiling face, but if you can't get here, check out our Web site.
We're at **http://www.ssu.edu.**

SSU's campus is in an attractive, residential neighborhood of stately homes on sculpted lawns, less than one-half mile from the banks of the Wicomico River. The campus includes 34 buildings on 125 landscaped acres. Students walk from one end of campus to the other in about 5 minutes.

Head Coach Jill Stephenson

Jill Stephenson joined the Sea Gull staff in 1995 as the head coach of the men's and women's swimming programs at Salisbury State. With experience as a collegiate swimmer and coach, Stephenson is no stranger to college athletics and the demands of an intercollegiate swimming program.

Stephenson, a native of Monroe, MI, has an extensive coaching and teaching background. She served as the head coach of the men's and women's swimming and cross country teams for six years at Olivet (MI) College. In addition to her coaching duties, Stephenson served as an assistant professor in the department of physical education, served as aquatics director and was assistant athletics director overseeing the women's athletics program.

In 1992, Stephenson joined the American Red Cross as its emergency and health services director for the Calhoun County Chapter in Battle Creek, MI. While working for the Red Cross, Stephenson remained active in swimming as an adjunct faculty member in aquatics at Kellogg Community College and also coached at several camps and clinics throughout the Midwest.

Stephenson earned her Bachelor of Science in physical education from Northern Michigan University in 1983, where she was a four-year swimming letterwinner, and received her master's in sports management from Southern Illinois University in 1986. In addition to working as an assistant coach at her alma mater for one season, Stephenson served as an assistant coach at Southern Illinois for two years prior to joining the staff at Olivet College.

In addition to her duties as the Salisbury State men's and women's coach, Stephenson works as SSU's aquatics director, overseeing teaching and community programs, and is an instructor in the Physical Education Department.

Sea Gulls in CAC

The 1997-98 season marked Salisbury State's fourth year as a member of the Capital Athletic Conference. As a conference member, the Sea Gulls meet each of the other CAC teams in dual meet competition during the regular season. The conference members then conclude the year with the CAC Championship Meet, normally scheduled in mid-February. The SSU teams registered their best showings ever in this year's championship, with both the men and women finishing fourth in the final team standings. The other members of the conference are Catholic, Gallaudet, Marymount, Mary Washington, St. Mary's and York.

Cover Photo—The Sea Gull team captains for the 1997-98 season: women's captains Marianne Buffun, Tracy Clason, Jen Herzig; men's captains Doug Lloyd and Jeff Waltz.

Assistant Coaches

Bryan Gomes

A former member of the SSU men's team, the 1997-98 season marked Gomes' fourth year as an assistant coach. A native of Severna Park, MD, Gomes was MVP of the team as a junior and captain of the squad as a senior. He received his bachelor's degree in liberal studies from Salisbury State in 1993, and is currently pursuing a master's degree in post-secondary education. In addition to his coaching duties, Gomes is a staff member in SSU's Office of Student Activities. He has coached the Olde Severna Park River League for seven years and served as a member of the Assateague State Park Beach Patrol.

Brent Weingard

Another former Sea Gull swimmer, Weingard is serving in his second year as an assistant after graduating in 1995. The Brookeville, MD, native serves as a sergeant on the Ocean City (MD) Beach Patrol during the summer, and competes in local, regional and national lifeguard competitions. Weingard also works as an elementary physical education teacher in the Wicomico County Public School system.

Jen Sites

A two-sport letterwinner during her Sea Gull career, Sites is in her first year as an assistant with the program. Sites served as captain of the field hockey and swim team as a senior, and received the swim team's Coaches Award in 1997. A native of Gettysburg, PA, she received her bachelor's degree in physical education in 1997. In addition to her SSU coaching duties, Sites serves as the head field hockey coach at Wicomico High in Salisbury.

Nikki Cunningham

A four-year SSU letterwinner and two-year swim team captain, Cunningham is in her first year as an assistant. A 1997 graduate of the University with a bachelor's degree in biology and environmental science, Cunningham completed her career with one individual record in the 100 butterfly, and four relay records. She spent last summer as a member of the Ocean City Beach Patrol and, like Weingard, competed in several lifeguard competitions. Originally from Westminster, MD, Cunninghman will spend the next two years serving in the Peace Corps.

Sea Gull Coaching Staff (pictured from left)—Brent Weingard, Nikki Cunningham, Head Coach Jill Stephenson, Jen Sites, Bryan Gomes.

Gulls Register Best-Ever CAC Showing

Men, Women Both Finish Fourth in Conference Championships

The Salisbury State men's and women's swim teams closed the 1997-98 season with some standout performances and record times as both squads enjoyed best-ever finishes in the Capital Athletic Conference Championships. The Sea Gull women placed fourth among eight competing schools, while the men finished fourth among seven.

"Our teams certainly met the expectations I had for them," said third-year Head Coach Jill Stephenson. "I think our men's finish may have been a surprise, but we had several people slip into the scoring that we didn't anticipate."

The two Sea Gull squads combined for 13 new school records, and also had two swimmers earn individual CAC championships, a first for the SSU programs. Senior Chris Bembenek earned two titles, winning both the 100- and 200-yard backstroke events. Bembenek's record-setting times in both events also earned provisional spots for the NCAA Division III National Championship Meet. Bembenek finished second in the 200 butterfly.

"Chris swam very well," said Stephenson. "He had season-best times in all three events. It will be interesting to see where he goes from here."

On the women's side, freshman Alison Calcaterra was conference champion in the 100-yard freestyle, setting new SSU and CAC records with a time of 53.99 seconds. Like Bembenek, she met the provisional qualifying time in the event for the NCAA Championship Meet. Freshman Rebecca Mitchell also met the NCAA provisional qualifying time in the 200 freestyle, finishing second in the event with an SSU record 1:57.37.

"We didn't think Alison could win the 100 free as a freshman," said Stephenson. "That's a big accomplishment."

Other individual standouts for the men included senior Doug Lloyd, who had career-best times in three events, and sophomore Dan Hutton, who finished with a school-record time of 4:46.09 in the 400 individual medley.

In addition to Calcaterra and Mitchell, top female performers included sophomore Teresa Piekarski, who placed third in the 100 breaststroke, and junior Ali Dispenzieri, who contributed on two record relay teams.

Final Team Standings

(Men)		(Women)	
Mary Washington	505 pts	Mary Washington	549 pts
Catholic	470	Catholic	423
St. Mary's	347	St. Mary's	279
Salisbury State	182	Salisbury	254
York	173	Marymount	209
Marymount	168	Goucher	109
Goucher	89	Gallaudet	84
		York	72

Bembenek Earns All-American Honors

Senior Chris Bembenek became SSU's first national qualifier in 1998, and finished with honorable mention all-America honors in two events. Bembenek finished ninth in both the 100 and 200 backstroke at the NCAA Division III National Championship Meet in St. Louis, with school record times in both events. Bembenek clocked :52.67 seconds in the 100 and posted a time of 1:57.37 in the 200.

1998 Sea Gull Roster

Women	Year	Events	Hometown	High School
Marianne Buffun	Jr	Butterfly/IM	Toms River, NJ	Toms River East
Alison Calcaterra	Fr	Freestyle	Severna Park, MD	Severna Park
Tracy Clason	Sr	Breaststroke	Maywood, NJ	Hackensack
Jen Coady	Fr	IM	Adamstown, MD	Frederick
Ali Dispenzieri	Jr	Freestyle	Huntington, NY	St. Anthony's
Heather Faron	Fr	Backstroke	Holland, PA	Trumbull (CT)
Christiana Gargan	Fr	Backstroke/Free	Frederick, MD	Thomas Johnson
Jen Herzig	Jr	Breaststroke	Severna Park, MD	Severna Park
Amy Howard	Jr	Freestyle/IM	Frederick, MD	Thomas Johnson
Sandy Kramer	Fr	Butterfly/Free	Gaithersburg, MD	Watkins Mills
Lori Lucas	So	Butterfly	Ft. Washington, MD	Bishop Ireton (VA)
Erica Malotky	So	Backstroke/Fly	Ft. Washington, MD	Oxon Hill
Rebecca Mitchell	Fr	Freestyle	Allen, MD	James M. Bennett
Teresa Piekarski	So	Freestyle	Mt. Airy, MD	Glenelg
Amy Schell	Fr	Backstroke	Pound Ridge, NY	Fox Lane
Karolyn Schulte	Fr	Backstroke/Free	Clarksboro, NJ	Kingsway Regional
Mara Tracy	Jr	Butterfly	Andover, NJ	Lenape Valley
Suzanne Yurcho	So	Backstroke	Medford, NJ	Shawnee

Men	Year	Events	Hometown	High School
Chris Bembenek	Sr	Backstroke/Fly	Annapolis, MD	South River
Scott DeJesus	Fr	Freestyle	Aberdeen, MD	Aberdeen
Dan Hutton	So	Freestyle/IM	Tacoma Park, MD	Montgomery Blair
Doug Lloyd	Sr	Freestyle	Severn, MD	Old Mill
Mike Morris	So	Breaststroke	Silver Spring, MD	Einstein
Mike Nusbaum	So	Free/Fly	Middletown, NJ	Middletown South
Aaron Talasnik	So	Backstroke/Free	Millville, NJ	Millville
Jeff Waltz	Jr	Freestyle	Walkersville, MD	Walkersville

HEAD COACH — Jill Stephenson (third year)
ASSISTANTS — Bryan Gomes, Brent Weingard, Nikki Cunningham, Jen Sites
WOMEN'S CAPTAINS — Marianne Buffun, Tracy Clason, Jen Herzig
MEN'S CAPTAINS — Doug Lloyd, Jeff Waltz

Men's Recordbook

(updated through '97-98 season)

Event	Time	Year	Name
50 yd Free	23.0	1997	Chris Bembenek
50 m Free	26.24	1996	Scott Wray
100 yd Free	51.23	1996	Jeff Waltz
100 m Free	57.70	1992	Bryan Snyder
200 yd Free	1:52.23	1996	Jeff Waltz
200 m Free	2:08.99	1995	Jeff Waltz
500 yd Free	5:15.80	1996	Scott Wray
400 m Free	4:50.09	1995	Scott Wray
1000 yd Free	11:13.79	1998	Mike Nusbaum
800 m Free	10:26.4	1980	Emmet Tydings
1650 yd Free	18:40.40	1996	Scott Wray
100 yd Back	52.67	1998	Chris Bembenek
100 m Back	1:12.04	1991	Doug Clayton
200 yd Back	1:54.79	1998	Chris Bembenek
200 m Back	2:47.1	1980	Andy Higgs
100 yd Breast	1:03.73	1995	Matt Raschka
100 m Breast	1:12.05	1995	Matt Raschka
200 yd Breast	2:23.20	1996	Seri Bryant
200 m Breast	2:45.71	1995	Matt Raschka
100 yd Fly	53.47	1997	Chris Bembenek
100 m Fly	1:07.7	1991	Gary Weininger
200 yd Fly	1:58.43	1998	Chris Bembenek
200 m Fly	2:51.9	1980	Lary Russell
200 yd IM	2:12.49	1997	Matt Dodd
200 m IM	2:27.0	1980	Steve Summers
400 yd IM	4:46.09	1998	Dan Hutton
400 m IM			
200 yd Medley Relay	1:45.62	1997	Chris Bembenek, Dan Hutton, Mike Nusbaum, Jeff Waltz
200 m Medley Relay	2:00.63	1994	James O'Brien, Keith Cook Matt Raschka, Scott Wray
400 yd Medley Relay	3:50.22	1998	Chris Bembenek, Dan Hutton Mike Nusbaum, Jeff Waltz
400 m Medley Relay	4:42.17	1995	Brian Grover, Matt Raschka Brian Mazzella, Mike Mazzella
200 yd Free Relay	1:31.42	1998	Mike Nusbaum, Scott DeJesus Jeff Waltz, Chris Bembenek
200 m Free Relay	1:47.84	1994	Scott Wray, Bryan Snyder Shawn Fowler, Derek Couperthwaite
400 yd Free Relay	3:23.85	1998	Scott DeJesus, Mike Nusbaum Jeff Waltz, Chris Bembenek
400 m Free Relay	4:32.67	1995	Brian Grover, Mike Mazzella Mike Metcalfe, Jeff Freimanis
800 yd Free Relay	8:01.96	1996	Mike Metcalfe, Doug Loyd Scott Wray, Jeff Waltz

Women's Recordbook

(updated through '97-98 season)

Event	Time	Year	Name
50 yd Free	25.57	1997	Alison Calcaterra
50 m Free	29.77	1994	Kim Pusey
100 yd Free	53.99	1998	Alison Calcaterra
100 m Free	1:03.45	1994	Noreen Zuiderhof
200 yd Free	1:57.34	1998	Rebecca Mitchell
200 m Free	2:17.32	1994	Noreen Zuiderhof
500 yd Free	5:25.26	1998	Rebecca Mitchell
400 m Free	5:04.76	1990	Lisa Kidd
1000 yd Free	12:05.16	1996	Ali Dispenzieri
800 m Free	10:33.8	1992	Lisa Kidd
1650 yd Free	19:59.67	1997	Ali Dispenzieri
100 yd Back	1:04.69	1997	Rebecca Mitchell
100 m Back	1:13.24	1992	Eileen Messenger
200 yd Back	2:20.41	1997	Heather Faron
200 m Back	2:40.77	1994	Eileen Messenger
100 yd Breast	1:11.59	1998	Teresa Piekarski
100 m Breast	1:21.24	1995	Jen Herzig
200 yd Breast	2:37.44	1997	Jen Herzig
200 m Breast	3:08.66	1994	Amy Van Driessche
100 yd Fly	1:05.15	1996	Nikki Cunningham
100 m Fly	1:12.70	1994	Noreen Zuiderhof
200 yd Fly	2:21.29	1994	Noreen Zuiderhof
200 m Fly	2:41.58	1994	Noreen Zuiderhof
200 yd IM	2:19.37	1997	Teresa Piekarski
200 m IM	2:39.51	1994	Shannon Jones
400 yd IM	5:33.49	1996	Amy Howard
400 m IM			
200 yd Medley Relay	1:57.98	1998	Heather Faron, Jen Herzig, Teresa Piekarski, Alison Calcaterra
200 m Medley Relay	2:15.78	1996	Susan Lafond, Jen Herzig, Nikki Cunningham, Ali Dispenzieri
400 yd Medley Relay	4:13.70	1997	Heather Faron, Teresa Piekarski, Rebecca Mitchell, Alison Calcaterra
400 m Medley Relay	5:03.75	1995	Susan Lafond, Jen Herzig, Nikki Cunningham, Becky Dement
200 yd Free Relay	1:44.02	1998	Ali Dispenzieri, Teresa Piekarski, Rebecca Mitchell, Alison Calcaterra
200 m Free Relay	2:01.02	1995	Noreen Zuiderhof, Nikki Cunningham, Kim Pusey, Kelly Flynn
400 yd Free Relay	3:44.11	1998	Jen Coady, Teresa Piekarski, Rebecca Mitchell, Alison Calcaterra
400 m Free Relay	4:31.77	1994	Eileen Messenger, Kelly Flynn, Shannon Jones, Noreen Zuiderhof
800 yd Free Relay	8:26.55	1998	Teresa Piekarski, Ali Dispenzieri, Alison Calcaterra, Rebecca Mitchell

1997-98 Results

Date	Opponent	Women's Results	Men's Results
		(5-5 overall, 4-3 CAC)	(2-6 overall, 2-4 CAC)
OCT 25	CAC Relays	SSU 2nd of 4	SSU 4th of 4
NOV 1	Mary Washington *	L 138-73	L 146-54
NOV 11	Rowan	L 122-83	L 116-60
NOV 15	GALLAUDET *	W 112-73	(no men's meet)
NOV 19	Washington (MD)	L 130-73	L 118-58
NOV 22	GOUCHER *	W 145-60	L 97-90
DEC 2	MARYMOUNT *	W 116-89	W 104-64
DEC 6	York *	W 118-75	W 98-74
JAN 24	Notre Dame (MD)	W 54-40	(no men's meet)
JAN 26	Catholic *	L 120-65	L 122-56
JAN 31	ST. MARY'S *	L 139-123	L 134-108
FEB 13-15	CAC Championships	4th of 8 teams	4th of 7 teams

Home Meets in CAPS

* Capital Athletic Conference meet

Sea Gull Quick Facts

Location	Salisbury, MD
Founded	1925
Enrollment	6,000
President	Dr. William C. Merwin
Colors	Maroon & Gold
Nickname	Sea Gulls
Affiliation	NCAA Division III
Conference	Capital Athletic (CAC)
Home Facility	Maggs Pool
Director of Athletics	Dr. Michael Vienna
Athletics Dept. Phone	410-548-3503
Athletics Dept. Fax	410-546-2639
Sports Information Director	Paul Ohanian
Sports Info. Phone	410-543-6016
Sports Info. Fax	410-543-6068
Head Coach	Jill Stephenson
Alma Mater	Northern Michigan '83
Record at School, Years	17-34-1 (M-W combined) 3 yrs
Coach's Phone	410-543-6357
Coach's E-mail	jastephenson@ssu.edu
1997-98 Record	Men 2-6; Women 5-5

SSU's Athletics Philosophy

Salisbury State University, a member of the National Collegiate Athletic Association's (NCAA) Division III, offers 19 intercollegiate sports for men and women. In addition to NCAA membership, SSU competes as a member of the Capital Athletic Conference (CAC) and the Eastern College Athletic Conference (ECAC).

As a member of the NCAA's Division III, Salisbury State places the highest priority on the overall quality of the educational experience. In doing so, it seeks to strengthen the integration of objectives and programs in athletics with academic and developmental objectives, and to assure the integration of athletes with other students.

SSU places special importance on the impact of athletics on the participants, with emphasis on the internal constituency (students, alumni and special friends) rather than on the general public and its entertainment needs.

The SSU athletics program is further characterized by the following principles:

- Participants receive the same treatment as other students. They have no unique privileges in admission, academic advising, course selection, grading, living accommodations or financial aid. Similarly, athletes are not denied rights and opportunities that would be available to them as non-athletes.
- Sports for men and women are given equal emphasis and the desired quality of competition is similar in all sports.
- Students are supported in their efforts to reach high levels of performance by providing them with adequate facilities, competent coaching and appropriate competitive opportunities with students from similar institutions.
- SSU strives to make the student-athlete's participation in intercollegiate athletics an enriching experience, and holds genuine concern for each participant's welfare. The intercollegiate program's foremost goal at all times is to supplement and enrich the first priority of the University, which is academic accomplishment.

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NCAA

Salisbury
STATE UNIVERSITY

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Salisbury, MD 21801-6860